

PARENTING PROGRAMME	DESCRIPTION OF PROGRAMME	AGES OF CHILDREN
TRIPLE P (POSITIVE PARENTING PROGRAMME) 2 - 11 group	8 week group programme. Increases understanding of children's behaviour and development. Practical strategies given to improve family relationships and to manage challenging situations. 5 x 2 hour group sessions, plus 3 x phone call sessions.	2 - 11 years
TRIPLE P (POSITIVE PARENTING PROGRAMME) Teen Group	8 week group programme. Increases understanding of young people's behaviour and development. Practical strategies given to improve family relationships and to manage risky and challenging situations. 5 x 2 hour group sessions, plus 3 x phone call sessions.	11 - 16 years
TRIPLE P AND TRIPLE P TEEN Seminars	1-3 workshop sessions covering aspects of positive parenting. Increases self-confidence, self-esteem and resilience in children and young people. At more universal level than the group programme where parents can book a place or turn up on the day. Each seminar runs for 1.5 hours.	2 - 11 years; and 11 - 16 years (Teen)
TRIPLE P STEPPING STONES	9 week group programme for parents of children with a physical or learning disability. Strategies for reducing parental stress and increasing parenting effectiveness. 6 x 2.5 hour group sessions plus 3 x phone sessions.	0 - 12 years
TRIPLE P FAMILY TRANSITIONS	5 session group programme for parents experiencing personal distress from separation or divorce, which is impacting on their parenting. Focus on skills to resolve conflicts, cope positively with stress and help children understand changes. To be followed by Group Triple P or Teen Triple P programme (as above).	0 - 19 years
INCREDIBLE YEARS / WEBSTER STRATTON (including Baby, Toddler and School Age programmes)	10-12 week group programme. Weekly 2 hour sessions for parents of babies, toddlers and children up to 10 years. Encourages strong relationships through play, praise, positive attention and setting appropriate boundaries.	0 - 12 years
SOLIHULL GROUP PROGRAMME	10 week programme, 2 hours per week. Focusses on parent and child relationships. Improves parental sensitivity, responsiveness and understanding of emotional containment, reciprocity and behaviour management.	0 - 19 years
SOLIHULL FOR FOSTER CARERS	12 week programme, 2 hours a week. Developed from the Solihull Group programme to meet the needs of foster carers.	0 - 19 years
STRENGTHENING FAMILIES 10 - 14	7 week programme, 2.5 hours per session. Using DVD, discussion and fun activities to build family relationships, set boundaries and understand pressures on parents and young people during the teen years.	10 - 14 years. Parents/carers attend with their young people
CARING DADS*	17 week Intensive programme for men who have been perpetrators of domestic abuse. Raises awareness of the effects of this behaviour and supports fathers to build better relationships with their children and their children's mothers to enhance their safety and well-being. *by referral only.	0 - 19 years



SUFFOLK PARENT HUB HAS DETAILS OF A RANGE OF GROUP PROGRAMMES FOR PARENTS AND FAMILIES:

HOW DO I BOOK ON TO A PARENTING SUPPORT PROGRAMME?

If you are interested in attending any of our parenting programmes, please see our website to find out what parenting programmes are available in your area, visit: www.suffolk.gov.uk/theparenthub and go to our 'Parenting Programme Calendar' page.

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HOW DO I CONTACT THE SUFFOLK PARENT HUB TEAM?

To contact the Parenting Coordinators you can:

Email us at: parenting@suffolk.gov.uk

If you are sending confidential information please use secure email (eg Egress).

Or contact us via the Suffolk Families Information Service helpline on:
0345 60 800 33.